CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	Elektron-VM System Monitoring
	FE-5, FE- 6	Reaction Self Test
06:05-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:00	FE-6	Physical Exercise T 2
	CDR	Physical Exercise (ARED)
10:00-11:30	FE-6	Physical Exercise (ARED)
	CDR	Physical Exercise (TVIS), Day 1
10:30-11:30	FE-5	Physical Exercise T 2
11:30-13:00		Physical Exercise (ARED)
11:55-12:05	CDR	PAO Hardware Setup
12:05-12:15		Crew Prep for PAO
12:15-12:35		TV PAO with Podmoskovye TV Channel (Ku+S-band)
13:00-14:00		LUNCH
14:00-15:00	FE-6	EarthKAM Setup and Activation
14:00-14:40	CDR	СОЖ Maintenance. SM and FGB СП (Flush Counter), CBO (Water Supply System), Potok Air Purification Unit Data Calldowns
15:05-15:20		Roskosmos video file prep and downlink via OCA (Carousel TV Channel)
18:25-18:30		Elektron-VM System Monitoring
18:40-18:55		Daily Planning Conference (S-band)
18:55-19:30		Evening Work Prep
19:30-21:30	CDR	Pre-sleep
19:30-21:25	FE-5	Pre-sleep
19:30-19:45	FE-6	Private Family Conference
19:45-21:25		Pre-sleep
21:25-21:30	FE-5, FE- 6	Reaction Self Test
21:30-06:00		SLEEP
Task List	CDR	ECON. Observations and Photography
		SEINER World Ocean Observations
		URAGAN. Observations and Photography

Notes:

- 1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC
- 2. See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram